



Weekly Inbox

11 FEB 2019 Issue 309

YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

GP: GPs
PM: Practice Manager
Ad: Administrative staff (including medical secretaries, receptionists)
PN: Nurses (including HCAs, Practice Nurses, ANPs)
OC: Other clinicians (including ECP, Pharmacists)

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FOR ACTION

PN

1 Practice Nurse Forum - reminder

Our next Practice Nurse Forum meeting is this Wednesday 13 February 2019, at Holiday Inn Orwell, 2 The Havens, Ipswich, IP3 9SJ. A light lunch will be served from 1pm, with the Forum starting at 2.15pm in the Gippeswick suite. Maddie Baker-Woods will be delivering an interactive session providing you with the opportunity to gain a more in-depth understanding of how the CCG operates as part of our wider health and care system and One Life Suffolk will be there to give an update on their current services – including the Diabetes Prevention Programme.

Please view the agenda [HERE](#) and do let [Shelley Mitchell](#) know if you plan to attend. We look forward to seeing you there.

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GP

2 One Clinical Community at GP Education Afternoon - 13 February

This Wednesday afternoon will include a [One Clinical Community event](#) from 4pm – 6pm, where the focus will be on Mental Health and how as a community of clinicians we can implement the *10 Year Suffolk Mental Health & Emotional Wellbeing Strategy 2019-29*, which has been co-produced with the Suffolk system over the past year. Colleagues from Ipswich Hospital, mental health services, community, ambulance, police and Public Health have all been invited to join the conversation.

There will be a choice of workshops, focusing on Primary Prevention & Community, Secondary Prevention and Long-term Conditions and Crisis & Acute. Do [read the strategy](#) if you've not already done so. This will help you to see which discussion workshop you would like to join. Please have a second choice ready too, just in case there is a particular topic that is over-subscribed. The outcomes from your discussions will help inform and shape how mental health services are commissioned and provided locally.

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FOR INFORMATION

OC GP PM Ad PN

3 COPD Respiratory HOT Clinic - reminder

A new COPD/Respiratory Hot Clinic initiative has been launched. Ipswich Hospital are offering a rapid access clinic to help patients with COPD avoid hospital admission. Patients that risk coming to the Emergency Department because their condition has suddenly worsened can be seen by a specialist on the same day or next day.

An information leaflet detailing the new service and details of how to refer can be found here [COPD Respiratory HOT Clinic leaflet](#). This service will run alongside our current admission avoidance service and you can refer using the same [referral form](#) as before. The clinic will be staffed by a specialist respiratory practitioner who will be able to carry out appropriate investigations, which could include blood tests, arterial blood gas tests, ECGs, chest X-rays and a respiratory physician (clinical lead) will review complex cases as necessary.

Following assessment, patients will be discharged with ongoing support in the community and GPs will be informed within 24 hours.

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4 The GP Support Hub is now live!

The GP Support Hub is now up and running and officially launched this week. The Hub is there to support GPs across Suffolk and North East Essex. This [leaflet](#) outlines a few of their services.

The GP Support Hub currently have a comprehensive database with various services and contacts to support GPs across a number of areas both professionally and personally but would like to do more. In order to do that they need to know what would benefit you the most and how to could access the service. The plan is to speak to as many GPs as possible over the next two months in various formats to ensure the Hub covers what you need. This will include a few coffee mornings, group sessions and short questionnaires to gather as much feedback as possible as outlined below.

Parents

The GP Support Hub will hold coffee mornings with GPs who are parents either on leave, thinking about returning to work or recently returned to work to discuss and share stories about returning to work after having children. Dates and location will be decided once based on level of interest.

Retirement

The GP Support Hub would like to speak with GPs who are nearing retirement age, have retired or thinking about early retirement to understand what changes to their work/life balance would be needed to encourage you to continue working for another few years. This coffee morning/session would be accompanied by an experienced coach who has a wealth of experience working with GPs in a similar situation.

Locums

Equipment calibration is carried out for GPs based at a practice but can be difficult and costly for Locum GPs to arrange. If there was a drop in service set up every quarter across the STP or at training events would Locum GPs use this?

If you are interested in any of the above, please get in touch with Jane & Michelle, GP Support Hub Managers, 01473 350 820 [Email info@thegphub.org](mailto:info@thegphub.org) [Web www.thegphub.org](http://www.thegphub.org) [Social media @thegphub](#).

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OC GP

Ad PN

5 Notice: Barrier Preparation Out of Stock

Due to manufacturer supply issues **Cavilon barrier film pump spray** is currently out of stock. We are expecting this to be available again at the end of February. Please see below alternative formulary product to prescribe until stock issue resolved:

Medi Derma-S Non Sting Medical Barrier Film Pump Spray 60796 30ml

For any queries regarding this, please contact our Appliances Nurse [Tralee Lashley](#) or Stoma Nurse Bernadette Ambrose on telephone: 07739 321369.

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PN

6 Practice Nurse Wound Care Group – Future Dates

Thursday 21 March 2019

- Time: 1:30pm – 3:00pm
- Venue: Ground Floor Room 12 - West Suffolk House, Western Way, Bury St Edmunds, IP33 3SP
- Parking available: Yes – 90 minutes free parking to front of building (obtain free ticket via ticket machine and display in car)
- Lunch: Not provided - please feel free to bring your own

Thursday 16 May 2019

- Time: 1pm – 3pm
- Venue: 29 Chesterfield Drive Surgery, Chesterfield Drive, Ipswich, IP1 6DW
- Parking: Limited – please use surrounding residential roads to park and car share where possible.
- Lunch: Not provided – please feel free to bring your own

Please ensure attendance is confirmed via email to [Tralee Lashley](#).

Spaces may be limited due to maximum room capacity.

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OC GP

PM

Ad PN

7 NHS Long Term Plan Infographic

If the NHS Long Term Plan didn't quite make sense to you before, click [here](#) for an infographic designed to make it easier to understand.

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OC GP

PM

Ad PN

8 [Local Vacancies](#)

Please click the above link to see the current local GP and practice staff vacancies. New jobs have been added this week.

If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#).

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9 **GP Training and Education Afternoon – Wednesday 13 February**

Our next education afternoon is on 13 February where we have a packed programme including a Pharmacist network meeting at 1:30pm, Rheumatology clinical lecture at 2pm, Pain update for prescribing leads and clinical pharmacists (also at 2pm), and a SystmOne Hints and Tips session for all (approx. 3pm – 3:45pm). View agenda [HERE](#).

We hope you will be able to join us on the day. As ever it's helpful to know who is coming so please email [Shelley Mitchell](mailto:Shelley.Mitchell@nhs.uk). Thank you.

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10 **Invitation to Primary Care Networks Workshop**

In follow-up to the successful Primary Care Networks (PCN) workshop held in Chelmsford in October, NHS England are putting together a second event as part of a national roadshow.

There are workshops across the country, but the one for the East of England will be held on **Thursday 21 March, 12:30 - 4:30pm** at The Holiday Inn Express, Duxford, CB22 4NL. You can book by clicking [here](#).

Dr Joe McManners, GP clinical advisor to NHS England, will be attending the workshop.

The workshop is focused on Primary Care Networks and how they can change the way that services are delivered at a local level to benefit people and communities. It will provide an update on the national Primary Care Networks programme in the context of the Long Term Plan, latest planning guidance and GP contract, and provide an opportunity to discuss current progress with PCNs locally, including examples from areas already working as part of a network.

The workshops are aimed at a broad audience, including clinicians, PCN Clinical Directors, general practice providers, primary care providers, local professional committees, the voluntary sector, commissioners, local government, community and mental health services, social care, secondary care and the wider NHS.

Further details and an agenda will be sent out in due course to those that book using the link above. For further information please contact the East GP Forward View team by email: england.eastpmo-gpfv@nhs.net.

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11 **PACT (Primary care and Community care Training Hub)**



Ipswich & East Suffolk CCG are working together with neighbouring CCGs, representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local

people.

Please follow the link to [PACT Training Hub Newsletter Issue 70](#).

If you would like to sign-up to the newsletter or have any training queries or suggestions, please email PACT@suffolkch.nhs.uk.

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CONTACT

12 Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email IESCCG.gp-contract-queries@nhs.net with **Contracts** in the subject line.



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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CHART OF THE WEEK

13

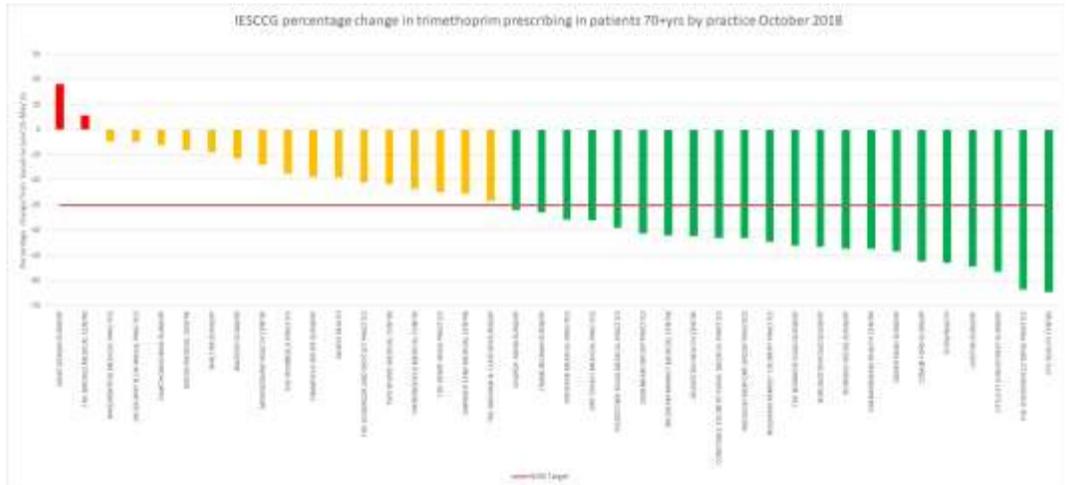
We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week on a variety of topics.

Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at the IESCCG percentage change in Trimethoprim prescribing in patients 70+ years by practice October 2018.

Top tip!

Prescribers are encouraged to use Nitrofurantoin first line where possible (depending on renal function) due to the increased resistance rate of trimethoprim. Please see the Suffolk Antimicrobial Guidelines for further information which can be found [here](#).



[Click on chart to enlarge](#)

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